

# ATTENTION PLEASE

Please do the following to help reduce the possible spread of illness:

- Report illness (diarrhea and/or vomiting) to shelter staff
- Wash your hands with soap and water, especially
  - Before eating food
  - After handling uncooked foods
  - After going to the bathroom
  - After changing a diaper or cleaning up a child who has gone to the bathroom
  - Before and after tending to someone who is sick
  - Before and after treating a cut or wound
  - After blowing your nose, coughing, or sneezing
  - After handling an animal or animal waste
  - After handling garbage
- Only use hand sanitizer if soap and water is not available.
- Be sure to stay hydrated to avoid dehydration, especially among the very young, old, and those with weakened immune systems.

